ABSTRACT OF THE INVENTION

A method and apparatus for stimulating a muscle of a subject are provided. The apparatus comprises a signal generator for generating an electrical pulse signal of a frequency and a current amplitude for inducing contractions in the muscle, and an electrode apparatus for applying the signal to nerves associated with the muscle to be stimulated or adjacent the muscle of the subject for stimulating the muscle. The frequency and current amplitude of the electrical pulse signal are selected so as to maximize the bulk of the muscle being subjected to the contractions so as to generate a shivering phenomenon therein.